

Variable	Mean	SD	Min	Max
Age (years)	44.2	10.5	22	65
Gender (male/female)	10/10			
Marital status (married/divorced/separated)	10/0/0			
Education (years)	12.5	1.5	9	16
Occupation (white/blue)	10/0			
Income (€)	1,200	200	500	2,000
Health status (good/fair/poor)	10/0/0			
Smoking status (smoker/non-smoker)	5/5			
Alcohol consumption (g/day)	20	10	0	50
Physical activity (hours/week)	1.5	1.0	0	4
Stress level (low/moderate/high)	10/0/0			
Sleep quality (good/fair/poor)	10/0/0			
Dietary intake (kcal/day)	2,500	500	1,500	3,500
Weight (kg)	75	15	50	100
Height (cm)	175	10	160	190
BMI (kg/m ²)	24.5	4.0	18	32
Cholesterol (mmol/L)	5.5	1.0	4.0	7.0
Triglycerides (mmol/L)	1.5	0.5	0.8	2.5
Glucose (mmol/L)	5.0	0.5	4.0	6.0
Blood pressure (mmHg)	120/80	10/10	100/60	140/100
Heart rate (b/min)	70	10	60	90
Respiratory rate (breaths/min)	16	2	12	20
Oxygen saturation (%)	98	2	95	100
Heart rate variability (ms)	50	10	30	70
Stress hormone (cortisol, nmol/L)	100	20	50	150
Depression score (Beck's Depression Inventory)	10	5	0	20
Anxiety score (State-Trait Anxiety Inventory)	15	5	0	30
Life satisfaction score (EuroQol-5D)	1.0	0.2	0.5	1.5
Quality of life score (SF-36)	50	10	30	70
Health-related quality of life (HRQL)	0.5	0.1	0.3	0.7
Overall health status (good/fair/poor)	10/0/0			

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